



Journal of Nursing

Revista de Enfermagem

UFPE On Line

ISSN: 1981-8963

NOTE PREVIEW ARTICLE

CONTINUING EDUCATION ON SEXUALLY TRANSMITTED INFECTIONS AT THE FLUMINENSE FEDERAL INSTITUTE

EDUCAÇÃO PERMANENTE SOBRE INFECÇÃO SEXUALMENTE TRANSMISSÍVEL NO INSTITUTO FEDERAL FLUMINENSE

EDUCACIÓN CONTINUADA SOBRE INFECCIONES DE TRANSMISIÓN SEXUAL EN EL INSTITUTO FEDERAL FLUMINENSE

Lauanna Malafaia da Silva¹, Elaine Antunez Cortez²

ABSTRACT

Objective: to identify the doubts of the students of the Fluminense Federal Institute (IFF), Campos-Guarus Campus, about sexually transmitted infections (STIs) and propose the most appropriate approach or educational methodology to them; and to plan Continuing Education at the Fluminense Federal Institute on the basis of the topic STIs. **Method:** descriptive and exploratory research with qualitative approach, field and participatory research of action-research type, conducted with the students and employees of the IFF-Guarus. The technique of content analysis proposed by Bardin will be used for the analysis of the interviews. The research project was approved by the Research Ethics Committee, Opinion No. 741,076. **Expected results:** the purpose of this study is to sensitize the employees so they can become facilitators of health knowledge in the school and provide a better quality of life to the students. **Conclusion:** at a time when health education actions take place at school, they ensure the strengthening of health promotion and prevention. **Descriptors:** Health Education; Adolescents; Sexually Transmitted Diseases.

RESUMO

Objetivo: identificar as dúvidas dos alunos do Instituto Federal Fluminense (IFF), Campus Campos-Guarus, sobre infecções sexualmente transmissíveis (ISTs) e propor uma abordagem ou metodologia educacional mais apropriada para os mesmos; e programar a Educação Permanente no Instituto Federal Fluminense, tendo como ponto de partida a temática ISTs. **Método:** Pesquisa descritiva e exploratória, com abordagem qualitativa, pesquisa de campo e participativa do tipo pesquisa-ação, com os discentes e servidores do IFF-Guarus. Para a análise das entrevistas será aplicada a técnica de análise de conteúdo proposta por Bardin. O projeto de pesquisa foi aprovado pelo Comitê de Ética e Pesquisa, Protocolo n° 741.076. **Resultados esperados:** pretende-se sensibilizar os servidores para que eles possam ser facilitadores do conhecimento de saúde na escola e, ao discente, proporcionar uma melhor qualidade de vida. **Conclusão:** no momento em que as ações de educação em saúde acontecem dentro da escola, elas garantem o fortalecimento da promoção e prevenção na saúde. **Descritores:** Educação em Saúde; Adolescentes; Doenças Sexualmente Transmissíveis.

RESUMEN

Objetivo: identificar las dudas de los estudiantes del Instituto Federal Fluminense (IFF), Campus Campos-Guarus, sobre infecciones de transmisión sexual (ITSs) y proponer un enfoque o una metodología educativa más apropiada para ellos; y programar una educación continuada en el Instituto Federal Fluminense, cuyo punto de partida será el tema ITSs. **Método:** investigación descriptiva y exploratoria con enfoque cualitativo, investigación de campo y participativa del tipo investigación-acción, llevada a cabo con los estudiantes y empleados del IFF-Guarus. Para el análisis de las entrevistas será utilizada la técnica de análisis de contenido propuesta por Bardin. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, Protocolo N° 741.076. **Resultados esperados:** se pretende sensibilizar a los empleados para que puedan ser facilitadores del conocimiento de la salud en la escuela y proporcionar a los estudiantes una mejor calidad de vida. **Conclusión:** en el momento en que las acciones de educación para la salud suceden dentro de la escuela, ellas garantizan el fortalecimiento de la promoción y prevención de la salud. **Descriptor:** Educación para la Salud; Adolescentes; Enfermedades de Transmisión Sexual.

¹Nurse, Master's degree candidate, Professional Master's Program in Health Education: Interdisciplinary Teacher Training for the SUS, Federal Fluminense University (UFF). Niterói, RJ, Brazil. Email: laumalafaia@gmail.com; ²PhD., Nurse, Professional Master's Program in Health Education: Interdisciplinary Teacher Training for the SUS, Federal Fluminense University (UFF). Niterói, RJ, Brazil. Email: nanicortez@hotmail.com

INTRODUCTION

Education is an essential part of the life of human beings and the societies in which they live. However, it has not always been conducted in the same way, since it comprises the interaction between human beings and the relationship with the world around them, in order to search for their transformation, both the educator and the learner. Thereby, it constitutes a social practice.¹

The term Continuing Education (CE) first emerged in the 19th century, specifically in 1955, in France, and was established in 1956, gaining popularity and respect for being related to the growth of economic development. In Brazil, the term CE was imported in 1968 as a project for life within everyone's reach. However, it was in the field of health that it produced its biggest bond through the 1988 Federal Constitution when the Unified Health System was created (SUS, Law No. 8,080/90).²

CE must be based on a pedagogic process which takes into account the acquisition and updating of knowledge and skills as well as the learning process that starts with the problems and challenges faced in the work process. It involves actions that can be defined by multiple factors, such as: knowledge; values; power relations; planning; and work organization, considering elements that make sense for the persons involved on the basis of meaningful learning.²

With regard to sexually transmitted infections (STIs), a priority focus on prevention becomes necessary, especially when the target of the actions is the adolescent population.³ The Statute of the Child and Adolescent (ECA) encloses the adolescence between the ages of 12 to 18 years and, in 1975, the World Health Organization (WHO) established that this period comprised the second decade of life (10 to 19 years). Nevertheless, in recent years, there has been anticipation of adolescents' sexual activity, thus causing the increase of sexual partners. The mistaken belief of adolescents that they are unattainable and indestructible beings, together with the lack of information, characterizes this stage of life as a period of intense vulnerability with the adoption of health risk behaviors. These behaviors are considered as lifestyles which may negatively impact health levels, such as the occurrence of one of the STIs.³⁻⁴

The STIs are among the most common causes of diseases in the world and are considered a major public health problem.

Despite the large investments made by countries and civil organizations, geared to stop the spread of the STIs through the development of new drugs and prevention programs, it cannot be ignored that schools have a key role teaching adolescents to protect themselves and develop their self-esteem, empowering them to become resilient when facing risk situations. When health actions take place in the schools, they ensure the strengthening of the concept of health and show that health is something that goes beyond caring for pathologies.⁴⁻⁵⁻⁶

The aspects observed and experienced at the Fluminense Federal Institute, Campos-Guarus Campus, regarding this issue led to questioning school health education due to the lack of students' information about STIs. It is understood that the amount of issues to be addressed in the classroom is great. In this way, having to develop the pedagogical content, teachers end up not discussing with the students about their personal and even intimate issues. On the other hand, the families and modern parents increasingly experience lack of time to talk with their children, which can influence their health. It should also be highlighted that employees and teachers of the IFF-Guarus have difficulty in addressing the topic with the adolescents, together with these adolescents' need for addressing the topic. It is within this context that CE enables educational improvement, based on the observation of the reality experienced and stimulating the seek for solutions according to the context in which the subjects are inserted.⁷⁻⁸

The guiding questions of the present study are: 1) What are the students' questions about STIs?; 2) What are the educational strategies for addressing STIs that students would like to be programmed at school?; and 3) Which approaches to STIs do the employees of IFF-Guarus can propose to be performed with the students?

In order to answer such questions, the following goals were defined:

- To identify the doubts of students of IFF-Guarus about STIs.
- To propose a most appropriate educational approach or methodology for the students.
- To program CE at the Fluminense Federal Institute, having the topic STIs as a starting point.

METHOD

This is a descriptive and exploratory research with qualitative approach, field and

participatory research of action-research type. The subjects of the research will be students and employees of the Fluminense Federal Institute, Campos-Guarus Campus. All students from elementary school who will attend the first year of high school will be invited to participate in the research. With respect to the employees, professionals from different categories will be invited (teachers, laboratory technicians, nursing technicians, psychologists, social workers, pedagogues, administrative technicians, pharmacists, physiotherapists, physicians, etc.).

Data collection will be carried out from September to November 2014. The students will be formally invited in the classroom in order to conduct the research in two steps. In the first meeting, we will provide information about the research, explaining to everyone that the participation will not be compulsory. An informed consent form will be signed by students over the age of 18 years. Those students under the age of 18 years who wish to participate in the research will take the informed consent form home to be signed by their parents authorizing the participation in the research. The researcher will make contacts (telephone and email) to address doubts about the topic, providing explanations about the research and guaranteeing its confidentiality.

In the second meeting, after signing the informed consent form, an interview will be held using a structured questionnaire for the characterization of the students. Subsequently, another interview will be held using a semistructured script about STIs, which will take place in a private location (room of the Medical Department of IFF-Guarus), where only the researcher and each student will be present.

With respect to the employees, firstly we will invite all the professionals of the IFF-Guarus via official emails and through the weekly meetings (Tuesdays at 05:00 pm) to participate in our workshops on CE and, subsequently, we will conduct a structured interview for the characterization of these employees.

We intend to conduct two to five meetings using an active methodology of problem-based learning, which is based on the study of actual situations, having as purpose the acquisition of knowledge showing situations-problems drawn from the results of the interviews conducted with the students.

The technique of content analysis proposed by Laurence Bardin will be used for data analysis and the presentation of data will be performed through written records and

photographs. The theoretical framework proposed by Dorothea Orem, with the theory of self-care, and Paulo Freire's will be used for the improvement of the goals of this research.

Since this is a field study that involves human beings, the research project was submitted to the Research Ethics Committee of the Antônio Pedro Hospital. It was approved on 8th August, 2014, under Opinion No. 741,076, thus complying with the Resolution No. 466/12, which focuses on research conducted with human beings.

EXPECTED RESULTS

This research intends to instrumentalize the employees of the Fluminense Federal Institute so that they can become facilitators of knowledge about health in the school, assisting to build a proper, diversified and resolute knowledge aimed at the quality of health care for the school community.

Regarding the students, it is expected that this research can lead to reflection and awareness with respect to experiences on sexuality, promoting mechanisms of health education for the adolescents, which is an effective strategy to promote health, social inclusion, and empowerment, since it contributes to their self-esteem, self-care, and assertiveness in future projects of life.

This way, it will be possible to provide better quality of life, based on health promotion and prevention, thus contributing to the decrease in the degree of adolescents' vulnerability with respect to STIs.

REFERENCES

1. Sardinha PL, Cuzatis GL, Dutra CT, Tavares CMM, Dantas C, Carla A et al. Educação Permanente, continuada e em serviço: desvendando seus conceitos. *Enferm glob* [Internet] 2013 [cited 2013 Sept 10];12(29):307-22. Available from: http://scielo.isciii.es/scielo.php?script=sci_pdf&pid=S16951412013000100017&lng=es&nrm=i&so&lng=pt
2. Gadotti M. A educação contra a educação: o esquecimento da educação e a educação permanente. 5ª ed. Rio de Janeiro: Paz e Terra; 1992.
3. Carvalho KEG, Freitas AT, Souza JC, Santos CP, Barbosa ECS, Araújo JV. Teen sexual health promotion: Integrative Review. *J Nurs UFPE on line* [Internet]. 2014 [cited 2014 Sept 8];8(9):3182-7. Available from: <http://www.revista.ufpe.br/revistaenfermage/index.php/revista/article/view/6782>



4. Malagutti W, Bergo AMA. Adolescentes: uma abordagem interdisciplinar. São Paulo: Martinari; 2009.
5. Gubert FA, Santos ACL, Aragão KA, Pereira DC, Rodrigues N, Vieira FC et al. Tecnologias educativas no contexto escolar: estratégia de educação em saúde em escola pública de Fortaleza-CE. Rev Eletr Enf [Internet]. 2009 [cited 2014 Sept 10];11(1):165-72. Available from: <http://www.fen.ufg.br/revista/v11/n1/v11n1a21.htm>
6. Kleinubing RE, Paula CC, Padoin SMM, Sila CB, Cherubim DO, Bick MA. Evaluation of primary health care in the experience of the pregnant living with HIV/AIDS. J Nurs UFPE on line [Internet]. 2014 [cited 2014 Sept 8];8(9):3224-8. Available from: <http://www.revista.ufpe.br/revistaenfermagem/index.php/revista/article/view/6794>
7. Figueiredo EBL, Gouvêa MV, Cortez EA. Permanent Education in Health - from political conception to micropolitical practice: a descriptive study. Online braz j nurs [Internet]. 2013 [cited 2014 Aug 29];12(0):695-97. Available from: <http://www.objnursing.uff.br/index.php/nursing/article/view/4488> doi: <http://dx.doi.org/10.5935/1676-4285.20134488>.
8. Schmidt SMS, Backes VMS, Cartana MHF, Budó MLD, Noal HC, Silva RM. Facilities and difficulties in planning training-service integration: a case study. Online braz j nurs [Internet]. 2011 Oct. [cited 2014 Sept 10];10(2). Available from: <http://www.objnursing.uff.br/index.php/nursing/article/view/3243> doi: <http://dx.doi.org/10.5935/1676-4285.20113243>

Submission: 2014/10/19

Accepted: 2014/10/30

Publishing: 2014/12/01

Corresponding Address

Lauanna Malafaia da Silva
Mestranda da Universidade Federal
Fluminense
Rua Rio Grande do Sul, 173
Pq. Cidade-Luz CEP: 28060-370
Campos dos Goytacazes (RJ), Brazil